Even When It's Cold Outside!

You can have fun and be active each week by trying these activities.

Don't Forget To Dress Warmly!





·watching TV playing compute playing video

2-3 TIMES A WEEK

games

Leisureand Playtime

play in the snow ·build a snow fort ·ao sleddina

Strength and Flexibility

- ·pull-ups ·push-ups
- •karate





Get Your Family Involved!



Aerobic

- (at least 20 minutes) ·ice-skating
- ·riding a stationary
- running

·walk your dog

·shovel snow

·help around the hous

•jumping rope

Recreational Activities (at least 20 minutes)

- ·ice hockey ·downhill skiing
- snow football
- snowball fights snowboarding

EVERY DAY

(as much as possible)



- ·walk to school ·clean your room
- ·build a snowman

